Garioch Amateur Swimming Club
The Miley Medley Meet

(incorporating the Garioch Distance Meet)
(UNDER WORLD AQUATICS AND SASA RULES)

Saturday 21st November 2026
Sunday 22nd November 2026

MEET INFORMATION

Pool	Aberdeen Aquatics Centre, Aberdeen Sports Village, Regent Walk, Aberdeen AB24 1SX 25 metres, 10 lanes, 2m deep, deck level, full electronic timing, Omega blocks with backplates and backstroke starting devices. There will be no swim down facility available.
Sessions	Session One (Saturday 21st November) – Warm Up 08:00, Start 09:05, End 12:05 Session Two (Saturday 21st November) – Warm Up 13:00, Start 14:05, End 17:05 Session Three (Sunday 22nd November) – Warm Up 08:00, Start 09:05, End 12:05 Session Four (Sunday 22nd November) – Warm Up 13:00, Start 14:05, End 17:05 (Subject to change if necessary) The programme of events is displayed in Appendix 1. Lists of accepted participating swimmers and a draft programme will be emailed to each club.
License	L2/ND/079/NOV26
Swimsuit Regulations	Please note that as of 1st September 2022, new regulations came into force regarding technical swimsuits. From this date, all swimmers aged 13 years and younger cannot compete wearing technical suits in Scottish Swimming licenced or registered events. For further information and FAQs please see link below: https://scottishswimming.com/news/technical-swimsuit-policy-update/
Age	Age is as on last day of competition i.e., 22nd November 2026. Age Groups for Male & Open and Female will be 10-13 years, 14-15 years and 16+ years. Heats will be run mixed age, seeded by entry time. Points will be awarded for the top 10 places within each Individual Medley event for each age group as below. At the end of Session Four, points will be collated and the top scorer for category will be awarded a cash prize as follows: Female Age 10-13 years Male & Open Age 10-13 years Female Age 14-15 years Male & Open Age 14-15 years Female Age 16 years + Male & Open Age 16 years + In the event of a draw, a 200IM swim-off will take place with the fastest time in the swim-off being awarded the cash prize. No other medals/prizes will be awarded.

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Entries	Please return entries and summary sheet within Appendix 2 by email: Lauren Herd/Murray Gow - meetsec@gasc.co.uk Please note the entry file and summary sheet must be received by email by the closing date - **12 noon Friday 23rd October 2026.** Late entries will be accepted on a case by case basis depending upon numbers. All entries must be on Hy-tek Team Manager entry file. Entry files may be obtained by contacting Lauren Herd/Murray Gow at meetsec@gasc.co.uk. Where possible the accepted entries for each age group will be equal, but if an age group is under-subscribed, the organising committee reserves the right to include additional entries in other age groups. Entries may have to be limited dependent upon numbers received. Once all entries are received, swimmers will be seeded into their entered events fastest to slowest. If the meet is oversubscribed, and cuts have to be made, entries will be accepted as evenly as possible across the eligibility criteria and age groups, subject to the conditions below: Priority acceptance will be as follows: 1. Swimmers that have entered all three medley events will be accepted first 2. Swimmers that have entered two medley events will be accepted second 3. Swimmers that have entered one medley event will be accepted third The 1500m event will then be accepted with entry restricted to 3 heats on each day with fastest swimmers accepted first as evenly across the age groups as possible. Thereafter, if cuts have to be made to keep the number of swimmers to an acceptable number in any session, swimmers with the most swims in that session will be accepted. If cuts have to be made to keep the duration of the session to an acceptable time, the fastest swimmers will be accepted first for each event as evenly as possible by age group. If any age group or event is under-subscribed, the organizing committee reserves the right to include additional entries into others. Garioch ASC reserves the right to amend the programme at any time and to include additional Garioch swimmers in certain races to fill unused lanes/heats if entry numbers allow. There are no consideration times, but times must be submitted on entry for seeding purposes. These should be real times, that may come from a Club's own time trials, but do not need to be accredited. Please note that NT times will not be accepted.
Traveling Clubs	Garioch ASC reserves the right to guarantee entries of up to a maximum of two clubs, where pre booked travel (i.e. flights or ferries) is required to travel to and from the event. This will be on a first come first served basis and application must be by email to Garioch ASC on meetsec@gasc.co.uk . Garioch ASC strongly recommends that no travel arrangements are confirmed until the club receives a written confirmation of entry.

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Entry Fees	£7.50 per individual event £10 per 1500m freestyle event Entry Fees should be paid by bank transfer to GASC Account Number: 30246563, Sort Code: 82-65-21 Please use Club Name/MileyMedleyMeet as a reference e.g. "GASC/MileyMedleyMeet"
Coaches Information	A Coaches' pack will be available for coaches or team managers to collect from the recorders' desk outside the timing room on the pool deck. This will include withdrawal sheets and any other relevant information. Poolside access should be limited to club coaches and team managers, with up to a maximum of one coach/chaperone per 10 swimmers, with a maximum of 3 coaches/team managers at any one time. Coaches and Team Managers can request meals (Lunch) at a cost of £8 per head Requests should be submitted with the summary sheet and payment must be made along with the entry fees.
Withdrawals	Withdrawals prior to the meet should be emailed to meetsec@gasc.co.uk to arrive no later than **12noon on Thursday 19th November 2026.** All details must be included on e-mail withdrawals i.e. Name, Event No, Stroke, SASA No. etc. Telephone withdrawals will not be accepted under any circumstances. Withdrawals on the day should be submitted on the withdrawal forms made available and should be presented to the Recorders table at least 1 hour prior to the start of the appropriate session. Please note that for anyone withdrawing on medical grounds, refunds will only be granted on production of a letter from a suitably qualified professional confirming withdrawal is recommended. The letter must be received within 7 days following the meet and should be dated no earlier than the closing date or later than 3 days from the date of the competition.
Technical Officials	We would be very grateful for a list of Officials willing to help on the day. A completed technical officials sheet should be sent to our STO Co-ordinator by email to arrive **before 12noon Monday 26th October 2026** as per Appendix 3. officials@gasc.co.uk Judges and Timekeepers in training, who are requiring specific signatures, should make this clear in their request. Requests will be accommodated only if the Referee considers it practical. Mentoring opportunities will be offered if agreed by the Referee. Lunch and refreshments will be provided for technical officials. Please bring your own water bottle(s) in order to reduce single use plastic waste which can be refilled at the water fountain if required.
Starts	As per World Aquatics rules. Over the top starts will be used where practicable.

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Marshalling	There will be marshalling for all heats. All swimmers must attend marshalling before their events and are advised to attend in good time. The start of the race will not be delayed for absent competitors. Swimmers who have not presented themselves to the marshals prior to their heat leaving the final marshalling area will not be permitted to swim (note: for 100m events this is expected to be the stairwell to poolside next to the timing suite and for 50m events this will be adjacent to the starting blocks at the turn end). Reserves must marshal unless they have withdrawn.
Photography **Mobile Phones**	Please note that anyone wishing to use photographic equipment in the pool hall, including video cameras, must register with the Meet Convener on the appropriate form. Garioch ASC may take photographs for use with club publicity. The Garioch WPO will approve all such photographs. Please contact the Meet Convener should you not wish for your swimmer's photograph to be taken. **Mobile phones must not be used in the changing village, showers or toilets and must be switched to silent in the pool hall.**
Transgender & Non-Binary Competition Policy	As of the 1st January 2024 the Scottish Swimming Transgender and Non-Binary Competition Policy was implemented nationally across all aquatics sports. The policy and FAQs can be found at https://www.scottishswimming.com/about-us/equality. Any policy related matters that arise during the event should be reported to and will be recorded by the Meet Convenor/Lead Referee and these matters will be communicated to and managed post event by the relevant Scottish Swimming Staff. At no point will members be challenged on the day of a competition with any matters being resolved post event. As a result of this policy being implemented, any competitor intending to compete within the Female category at this event will be required to provide confirmation that their birth sex is female when signing up to the meet conditions through entry. By entering the Female category, athletes are therefore confirming their birth sex is female and are eligible to compete in the Female category.
Meet Regulations	No guarantee can be given by GASC that the event will take place at a particular time or any particular date and GASC reserves the right to reschedule or cancel the event without notice and liability for doing so. It is expected that this would only happen as a result of unforeseen circumstances e.g. COVID-19 outbreak, venue/facility failure or adverse weather. Garioch ASC will have no legal liability to make any refund or to pay any form of consequential or indirect damage such as loss of enjoyment, travel and accommodation costs should the meet be required to be cancelled or changed. This event is run in accordance with Scottish Swimming Competition Management Guidance and codes of conduct prevailing at the time of the event; requirements for the meet may need to be changed in accordance with any change in regulations/legislation. A risk assessment has been carried out and takes into consideration the information contained within this document.
Data Protection	In order to operate this meet, we have a legitimate interest to collect and process some basic personal data from all competitors, specifically name, gender, date of birth. This data will be held securely and only used for the purposes of managing the meet and reporting results. Dates of birth will only be shared with: • Scottish Swimming for the purpose of maintaining the National Database which is used for Squad Selection and • Swim England for inclusion on Rankings Names, gender and age (but not date of birth) will be retained and will be shared with attending clubs and may be published for the purpose of reporting and keeping records.

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Meet Convener	Gill Smith – gascmeetconvener@gmail.com
Notes	All swimmers, poolside helpers and coaches taking part should have a current SASA membership. Registration numbers must be shown on entry files. A license has been applied for and accreditation will be applied for with SASA. Poolside access will be limited to one Coach per 10 swimmers, with a maximum of 3 Coaches at any one time. Meal tickets for lunch are available for coaches at £8 per person per day – please include within the summary sheet provided. Belongings should be placed in the lockers provided within the changing village. No large bags are allowed on poolside due to minimal space. Each competitor should bring (as a minimum): Sufficient water in a plastic water bottle(s) – water can be refilled at the water fountain if required; Shorts & t-shirt to wear over the swimsuit/swim shorts at all times when not swimming; Poolside shoes (e.g. crocs/clean trainers/flip flops) – these should be changed into prior to entering the changing village. The meet organisers and the facility management cannot be held responsible for items lost or damaged during the course of the event. Seating areas will be allocated to each team. Teams are responsible for clearing their seating area of belongings, litter etc. before leaving at the end of the competition day. We are also delighted to announce that we are able to bring back our chocolate tombola and lucky square game along with some other exciting raffles! Please bring along your pocket money to spend!

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APPENDIX 1

MEET INFORMATION

PROGRAMME OF EVENTS

Session One - Saturday 21st November
Entry Time onsite from 07:30, On deck 07:45, Warm Up 08:00, Start 09:05, End 12:05

Event 101	10+ years	Male & Open	100m Individual Medley
Event 102	10+ years	Female	100m Butterfly
Event 103	10+ years	Male & Open	50m Backstroke
Event 104	10+ years	Female	400m Individual Medley
Event 105	10+ years	Male & Open	1500m Freestyle

Session Two - Saturday 21st November
Entry Time onsite from 12:30, On deck 12:45, Warm Up 13:00, Start 14:05, End 17:05

Event 201	10+ years	Female	50m Breaststroke
Event 202	10+ years	Male & Open	100m Breaststroke
Event 203	10+ years	Female	50m Freestyle
Event 204	10+ years	Male & Open	50m Butterfly
Event 205	10+ years	Female	100m Backstroke
Event 206	10+ years	Male & Open	100m Freestyle
Event 207	10+ years	Female	100m Freestyle

Session Three - Sunday 22nd November
Entry Time onsite from 07:30, On deck 07:45, Warm Up 08:00, Start 09:05, End 12:05

Event 301	10+ years	Female	100m Individual Medley
Event 302	10+ years	Male & Open	100m Butterfly
Event 303	10+ years	Female	50m Backstroke
Event 304	10+ years	Male & Open	400m Individual Medley
Event 305	10+ years	Female	1500m Freestyle

Session Four - Sunday 22nd November
Entry Time onsite from 12:30, On deck 12:45, Warm Up 13:00, Start 14:05, End 17:05

Event 401	10+ years	Male & Open	50m Breaststroke
Event 402	10+ years	Female	100m Breaststroke
Event 403	10+ years	Male & Open	200m Individual Medley
Event 404	10+ years	Female	200m Individual Medley
Event 405	10+ years	Male & Open	100m Backstroke
Event 406	10+ years	Female	50m Butterfly
Event 407	10+ years	Male & Open	50m Freestyle

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APPENDIX 2
Summary Sheet

Club	
Contact Name	
Address	
Post Code	
Tel. No	
E-mail	

(Must be reliable for distribution of returns and all future information)

	Number of Entries	Total Cost
Male & Open Entries @ £7.50		
Female Entries @ £7.50		
Male & Open Entries @ £10		
Female Entries @ £10		
Coaches Meal Tickets @ £8		
TOTAL		

In Case of Refunds – please supply the following information:

Bank Account Number: ……..
Sort Code: ……
Bank Account Name: ……

DECLARATION: I confirm that all swimmers entered have paid their current SASA membership fee.

Signed: ……

Position in Club: …… Date: ……

Form to be returned with entries file to: Meet Secretary at meetsec@gasc.co.uk

CLOSING DATE FOR ENTRIES, SUMMARY SHEET AND FEES

12noon Friday 23rd October 2026

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APPENDIX 3
Officials Sheet

Please complete the ND Meet Officials Proforma in Excel

which can be found on the ND website https://www.sasanorth.org.uk/sto.html at http://www.sasanorth.org.uk/ND_Admin/Handbook/2022/SASA%20ND%20Handbook%202022%20(k)%20Meet%20Officials%20Pro%20Forma%202022-23.xlsx

and return to the STO Co-ordinator at officials@gasc.co.uk